



**ELSWICK HARRIERS**  
FOUNDED 1889

## Steeplechase Workshop Saturday 25 April 2026

**Wentworth Leisure Centre, Wentworth,  
Hexham, NE46 3PD**

Time: 10.00-14.00

Workshop will include:

- Steeplechase drills.
- Practical session to improve hurdling.
- Barrier clearance.
- Water jump skills.

**Water jump will be filled!**

Suitable for athletes aged 13+

No experience of steeplechase necessary.

Bring spikes, a towel and change of clothes!

FREE to attend

All coaches are welcome.

[Sign up on Athletics Hub](#)

For more information, please contact:

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[www.englandathletics.org](http://www.englandathletics.org)